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2009 - 2010 Volume 2
Gowri and Ganesha Pooja

<u>President</u> G. Aravinda Upadhy (314)- 579-0713	<u>Vice-President</u> Vinod Shenoy (314)-991-1162	<u>Secretary</u> Sunil Kantharaju (314)-985-6769	<u>Treasurer</u> Mohan Hebbar (314)-997-2291	
Latha Vishwanatha (636)-394-7403	Suguna Sateesha (314)-822-7933	Sumangala Rao (636)-825-3949	Vanitha Talkad (314)-892- 1939	Srikanth Patlu (314)-542-6032



Gowri Matha and standing Ganesha (>1500 year old) at Idagunji, Uttara Kannada

O' Elephant God – Thou shall remove all Obstacles

ವಂದಿಪೆ ನಿನಗೆ ಗಣನಾಥಾ, ಮೊದಲೊಂದಿಪೆ ನಿನಗೆ ಗಣನಾಥಾ
ಬಂದ ವಿಘ್ನಗಳ ಕಳೆ ಗಣನಾಥಾ..

Dear Sangama Members,

Sangama welcomes you all to the Annual Gowri and Ganesha Pooja. The timing and venue are given here. Prof. Shankar Sastri has kindly agreed to perform Pooja.

Event Location and Timings:

<u>Timings:</u> Gowri Pooja: 9.30AM to 10:30AM Bhajans: 10.30AM to 11AM Ganesha Pooja: 11AM to 12.30PM	<u>Venue:</u> Parkway Central Middle School 471 N Woods Mill Road Chesterfield MO 63017
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ಗಣೇಶ ಬಂದಾ... ಕಾಯಿ ಕಡುಬು ತಿಂದಾ....

Ganesha (or Ganapathi), the elephant-headed son of Shiva and Parvati, is widely worshipped as the supreme God of wisdom, prosperity and good fortune. **Ganesha Chaturthi** or **Ganesha Festival** is a day on which [Lord Ganesha](#) is believed to bestow his presence on earth for all his devotees. It is also known as **Vinayaka Chaturthi**. The festival is observed in the [Hindu calendar](#) month of [Bhaadrapada](#), starting on the [shukla chaturthi](#) and ending on Anantha Chaturdashi. While celebrated all over [India](#), it is most elaborate in [Maharashtra](#), [Goa](#), [Gujarat](#), [Karnataka](#), [Tamil Nadu](#) and [Andhra Pradesh](#). The festival is similarly celebrated in many locations across the world. In 1893, [Lokmanya Tilak](#), an Indian nationalist, social reformer and freedom fighter reshaped the annual Ganesha festival from private family celebrations into a grand public event.

Ganesha chaturthi is celebrated with great devotion. People bring home colored statues (*murtis*) of Lord Ganesha and celebrate the festival by worshipping the Lord in a special way for a day and a half, 5 days, 7 days or 11 days depending on the family tradition and commitment of each individual. On the last day of worship the idol is taken out in a colorful and musical procession to be immersed in a river or the sea. The main sweet dish during the festival is the modaka. A modaka is a dumpling made from rice flour/wheat flour with a stuffing of fresh or dry-grated coconut, jaggery, dry fruits and some other condiments. It is either steam-cooked or fried. Another popular sweet dish is *karigadubu* in Kannada which is similar to the modaka in composition and taste but has a semicircular shape.

Children are intrigued by the appearance of Ganesha and want to know: “Why does he have a trunk? Why does he have large ears?” and so on. The elephantine ears guide us to give people our full attention, particularly to our family and friends. The overly large head further guides us to reflect on what people say and to carefully judge the merits of their words. The narrow eyes caution us to focus on our surroundings and be ever watchful. The small mouth hidden behind the trunk prompts us to speak sparingly, but with clarity and truth; and the enormous stomach symbolizes our need to digest all good and bad experiences life brings our way. A rear hand holds a noose directing us to control our senses and desires; the other rear hand wields an axe, useful in severing our desires and attachments, which trap us in this materialistic world. The front right hand is always raised in blessing, in a posture called the *abhaya hasta* - removing fears of the unknown. Seeing such a posed hand soothes our heart, drives away worries, and reassures us that we are ever in God’s care. And despite all the challenges that come our way, he stands by us and loves us dearly, always! And finally, with his left hand presenting modaka, Ganesha promises us sweet fruits of our labors and ultimate peace in our spiritual quest.

Silver Jubilee Commemorative Souvenir (SJCS)

The Editorial Board of “Silver Jubilee Commemorative Souvenir” headed by Dr. Ashwath Rao has planned its activities and here is the update from them. For any questions, suggestions and ideas, please contact any member of the Executive Committee of Sangama or Aswath N. Rao.

As was mentioned in Father’s Day Newsletter about Sangama’s intention to publish a ‘Silver Jubilee Commemorative Souvenir’ to celebrate the 25th Anniversary of Sangama, at Ugadi function in April, 2010, a group of volunteers to serve on the Editorial Board and to find sponsors and advertisers to enable to meet the expenses of bringing such publication, has been formed.

Sangama, hereby welcomes members to contribute articles for publication in SJCS in the following suggested categories in Kannada: Namely, Essays, Short stories, Unique and unusual personal experiences and events, poems, Humor, *Ogatugalu*, *Gaadegalu*, and short humorous anecdotes etc.

The Board likes to make a few suggestions for the contributors:

1. To balance different varieties of articles, only limited number of articles will be considered in each category.
2. Please try to limit the articles to 2-4 pages.
3. They should NOT be controversial or offensive to others.
4. Must be original by the author.
5. Must be in kannada and try to transcribe in 'Baraha'.
6. The articles MUST reach stlsangama.com or gsv1415@aol.com. by Naada Habba on November 7th 2009.

Sangama is mainly run by the contribution of Sangama Member's annual membership fee. Those who have not paid their membership fee (\$45.00/family, \$450 for life) for this year please send it to either of the two people mentioned below. Make the checks payable to "Sangama". The addresses are: Mohan Hebbar, #1549, Hanna Road, Valley Park, MO 63088 and G. Aravinda Upadhya 12573 Larkwood Drive, St. Louis, MO 63146.

A note on Father's Day Picnic:

Esteemed Sangama members got together for the Father's Day Picnic this year on June 21st 2009. Disregarding the high temperature that day, close to around one hundred people made it to the picnic and turned it into a memorable experience. Adults enjoyed volley ball, cricket to begin with while the kids enjoyed maze, piñata and a few more activities that were planned for them. Pairs played wooden block race. All the pairs enjoyed & supported each other's sportsmanship. To top it all, food was amazing. Buttermilk, water melon, cucumbers took care of the thirst for the participants; corn barbeque reminded us of the back home snack during the monsoon days, Mexican touch with nachos and tortillas for starter snacks and finally good Karnataka meal for the dinner. Before the dinner, the tradition of Father's day cake cutting was carried into this year.

Pandurangi's family provided melodious music while members were having dinner. This brought the memories of our back home experiences we had listening to an orchestra sitting in a park while enjoying snacks. Sangama committee on behalf of Sangama members thanks Pandurangi family for entertaining Sangama members with such a short notice. Sangama Committee thanks all the members who made it to the event and we missed the ones who were not able to make it to the event. We hope more members will be able to make it to our upcoming events.

Dear members please encourage your children to be involved with the cultural programs of your organization. It will be great to see more involvement from our torch bearers' (kids and youths) on the stage for the upcoming Nada Habba. Please contact one of the executive committee members to confirm your kids' participation in the Nada Habba cultural programs.

ನಮಸ್ಕಾರಗಳೊಂದಿಗೆ,

The Sangama Executive Committee (2009-2010)

Menu and assignments for Ganesha Habba's Lunch

<u>Rice Idli (60 nos. each)</u>	<u>Kosumbari (4 quarts each)</u>	<u>Happala (50 each)</u>
Madhuri Gururaj	Jayanthi Hariprasad	Surekha Niranjan
Jaya Bhat	Shyama Gubbiga	Sushma Dattatri
Radha Srinivas	Sumedha Naik	Laxmi Naveen
Anjali apte	Aparna Madhukar	Shilpa Rao
Hema Srikant		
Jyothi Mayenkar		
<u>Chutney (4 quarts each)</u>	<u>Kadale Usali(6 qrts each)</u>	<u>Pickle</u>
Asha Prem	Jaya Ramanuja	Suguna Sateesha
Anita Nagendra	Sandhya Kumar	
Kumuda Prabhakar	Tejaswini Nayak	
Aruna Milan	Shobha Dikshit	
Shakunthala Rao		
<u>Sambar (6 quarts each)</u>	<u>Badam Milk(1 galon each)</u>	<u>Soda (5 bottles each)</u>
Jaya Sastry	Chaya Gopalan	Reshma Kumar (Orange soda)
Madhu Bhat	Thara Shadaksharappa	Veena Anched (Sprite/7 up)
Susheela Palamand	Vinod Kaup	Rama Ramamohan (Coke/Pepsi)
Jyothi Doddabele	Dakshayani Hungi	Vani Pergadia (Diet Sprite/7up)
Deepti Venkat	Shylaja Atri Nandini Kishore	Rekha Menangi (Diet Coke/Pepsi)
<u>Vanghibath (6 quarts each)</u>	<u>Beans palya (4 quarts each)</u>	
Malathi Reddy	Vijayalakshmi Buddhiraju	
Uma Nagabhushan	Anita Sharma	
Swarna Devanahalli	Anita Somaprasad	
Meera V. Murthy	Chaitra Pramod	
Gayathri Venkatesh		
Rajia Malya		
<u>Mosaranna (5quarts each or 1 tray)</u>	<u>Majjige Huli (5 quarts each)</u>	
Preetham Desai	Sandhya Pandurangi	
Amulya Kumar	Sujatha Manjunath	
Anupama Hukkeri	Shubha Bhasker	
Preethi Sundaram	Kathyayani Joshi	
Savitha Shivalli	Seema Kasturi	

The US dry quart is equal to 1.1 liters; The US liquid quart equals to 0.95 liters

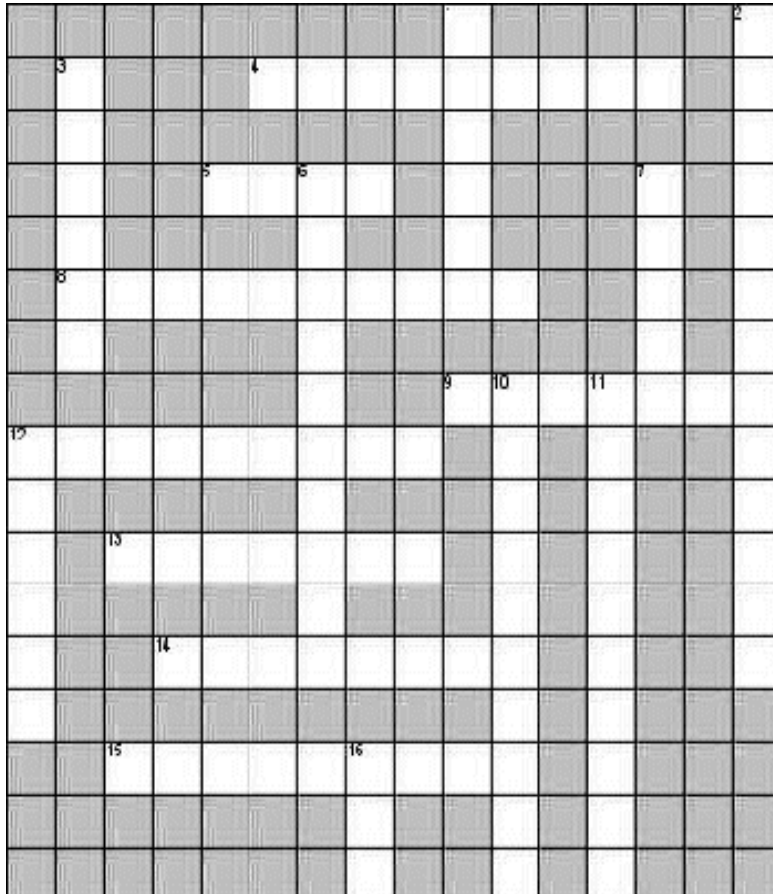
Please Note: If you have been assigned food items and cannot make it to the event please try to make alternative arrangement or call one of the committee members to make other arrangements.

Karigadubu and Aambode will be prepared by the Executive Committee.

Kids Corner

Lord Ganesha Crossword Puzzle

(All answers can be found in the story below)



Across

4. Shiva is also called the _____.
5. "Lord" in Hindi
8. Free of obstacles
9. Fertility goddess
12. "Large bodied" in Hindi
13. "Always" in Hindi
14. Leader of people
15. Ganesha _____ is a ten day festival in August or September.

Down

1. He brought Ganesha back to life after the beheading.
2. God of knowledge
3. Hindu triads of gods are Shiva, Brahma and _____.
6. God to remove obstacles
7. Ganesha's father
10. The practice of self denial
11. "Curved trunk" in Hindi
12. Hindu prayer
16. Ganesha's vehicle

Ganesha is the Hindu God of knowledge and the remover of obstacles or God of elimination of troubles. He is also called Ganapathi (leader of people), Buddhividhata (God of knowledge), or Vighnahara (God to remove obstacles). In fact Lord Ganesh has at least 108 names. He is one the most important Gods in the Hindu religion so that all sacrifices and religious ceremonies, all serious compositions in writing, and all worldly affairs of importance are begun with an invocation to Lord Ganesha. Ganesha is usually depicted as an elephant head figure with a large pot belly. He has four hands with one hand always extended to bless people. Like most other Hindu Gods, he has a 'vehicle', in his case a rat: this rat is usually shown at the foot of the god, but sometimes Ganesha is astride the rat. This unique combination of his elephant-like head and a quick moving rat vehicle represents tremendous wisdom, intelligence, and presence of mind.

Lord Shiva - Ganesh's father is Lord Shiva. Shiva is the third deity of the Hindu triad of great gods, the others being Brahma and Vishnu. He is called the Destroyer and personifies both the destructive and the procreative forces of the universe. **Goddess Parvathi** - Ganesha's mother is Parvati wife of Shiva and fertility goddess. She is thought to be the model Hindu wife. Shiva is also the god of asceticism (the practice of self denial) and Parvathi by becoming his wife paved the way for the spread of peace and felicity in the world.

Elephant Head Legend - There are a number of stories about how Ganesh came to acquire an elephant head. Here is the most popular: Parvathi was rather disappointed that none of the guards she appointed out of Lord Shiva's army failed to stop him from barging into her private chambers. She decided to have someone who would be entirely her own and place no one above her. Hence, she created Lord Ganesh from dough that she used for her bath and breathed life into him. Having created the figure, Parvati told him to ensure that nobody, but nobody entered her rooms while she bathed. Lord Shiva soon came in and was stopped by Lord Ganesh. This enraged Lord Shiva and he beheaded the boy. This enraged Parvathi to such an extent that she asked Goddess Durga & Goddess Kali to destroy everything and everyone. To appease her, Lord Shiva beheaded an elephant and attached the head to Lord Ganesh's slain torso. Lord Brahma brought the boy back to life and they took him to Parvathi.

Parvathi still had a few conditions to be fulfilled by the Gods for her son before she agreed to cease the havoc created by the Shaktis. She asked that he should be invincible, the giver of victory and God of wisdom. The person who worships him should gain success and property. She also wanted that nobody should be permitted to heaven before pleasing him and it should be compulsory to first invoke him before any other deity. These were all granted to Lord Ganesh, by the triumvirate of Gods, Lord Brahma, Lord Vishnu and Lord Shiva. Lord Shiva appointed Lord Ganesh as the leader of his Gana (public) and called him Ganapathi, literally meaning, leader of people. Ganapathi represents all the qualities that a leader should have. A leader should listen to everybody, therefore the large ears. He should have nose to scent out the smallest problem, which a large trunk does with sensitivity. A large forehead is an indicator of a brilliant mind. It is important for the leader not to let out all that he knows or all that he has been told that is why Lord Ganapathi has large stomach.

Ganesha Chaturthi - Ganesha Chaturthi, a ten day festival in August or September, is celebrated to mark the birth anniversary of Lord Ganesha. The Hindus believe that praying to Lord Ganesha during the festival will bring good luck and prosperity for the family.

Mantra (Hindu prayer) of Lord Ganesha

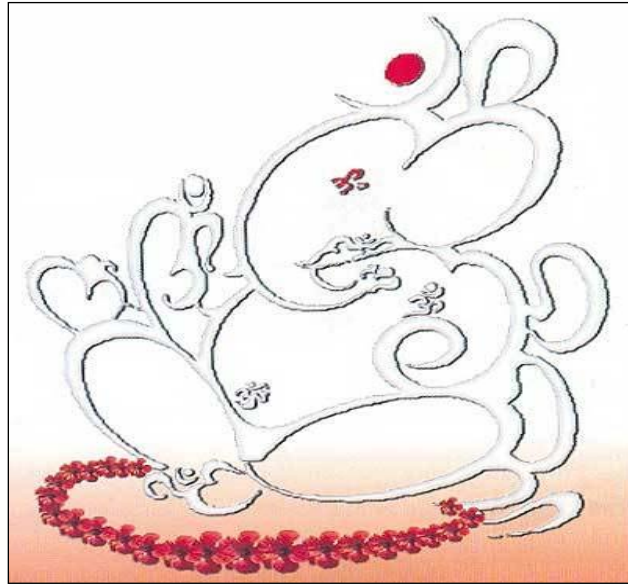
Vakratunda Mahaakaaya Suryakotee Sama Prabha Nirvighnam kuru mey Deva Sarva kaaryeshu Sarvadaa

Translation: O Lord Ganesha of Large body, curved trunk, with the brilliance of a million suns, please make all my work free of obstacles, always.

Literal translation:

Vakratunda	curved trunk
Mahakaaya	large bodied
Surya kotee	million suns
Sama Prabha	with the brilliance of
Nirvighnam	free of obstacles
Kuru	make
mey	my
Deva	Lord
Sarva Kaaryeshu	in all work
Sarvada	always

How many OM's (ॐ) are there in this puzzle?



The Lord Who Is Hidden in All Things
To see join the numbers and color it...



Event Location and Timings:

<u>Timings:</u>	<u>Venue:</u>
Gowri Pooja: 9.30AM to 10:30AM Bhajans: 10.30AM to 11AM Ganesha Pooja: 11AM to 12.30PM	Parkway Central Middle School 471 N Woods Mill Road Chesterfield MO 63017



Sangama Kannada Association is a registered not for profit organization.

From:

**Sangama
12573 Larkwood Drive
St. Louis, MO 63146**

To: